

**Your  
Personalized  
Weight Loss  
Journey  
Generated  
on:  
Report**

## 1. Personal Profile

Start Date:	09/09/2024
End Date:	12/30/2024
Age:	46 years
Gender:	Male
Height:	5'9" (175.3 cm)
Initial Weight:	245.6 lbs
Goal Weight:	217.0 lbs
Initial Body Fat:	30.5%
Goal Body Fat:	7.0%
Activity Level:	Little to no exercise
Experience Level:	4

## 2. Metabolic Calculations

Initial RMR:	3326.375 cal/day
Initial TDEE:	4215.15 cal/day
TEF:	73.5 cal/day
NEAT:	150 cal/day
Initial Daily Calorie Intake:	1929.2975 cal/day

## 3. Workout Analysis

Type:	1
Frequency:	3
Volume Score:	0.42857142857142855
Intensity Score:	0.8
Frequency Score:	1.0
Resistance Training:	Yes
Athlete Status:	Yes

## 4. Body Composition Adjustments

Initial Lean Mass:	lbs	Initial Fat Mass:	lbs	Est. Weekly Muscle Gain:	lbs
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## 5. Weekly Progress Forecast



Date	Weight	Body Fat %	Daily Cal Intake	TDEE
090924	245.6	30.5	1929.2975	4215.15
091624	241.74390232974912	29.36062462350974	2146.3707861245516	4215.0446212
092324	237.873428324359	28.1802731731498	2024.9378327873405	4100.7998354
093024	233.9874126564156	26.956355817401445	1903.0701082317328	3986.7029422
100724	230.08449055626812	25.68600599091736	1780.625161426361	3872.7112115
101424	226.16304244390096	24.366029138193536	1657.4267041429712	3758.7757603
102124	222.2211161158759	22.99283533588184	1533.251881129036	3644.8400451
102824	218.2563138838603	21.56234788914731	1407.811664812094	3530.8377808
110424	214.26562252394132	20.06987443491514	1280.7192928029613	3416.6899727
111124	210.24514474804755	18.509916153964642	1151.4366274754461	3302.3005154
111824	206.20477816789423	16.88159923780056	1080.4041450383227	3241.2124351
112524	202.24213824658554	15.21887036060149	1060.9724803271763	3182.9174409

120224	198.35559106327977	13.520950615180682	1041.9492958264455	3125.8478874
120924	194.54354148520378	11.89224361457767	1023.3248945189998	3069.9746835
121624	190.8044321776339	10.228938756970004	1005.0898268924622	3015.2694806
122324	187.1622728727248	8.541358198554983	1000	2961.7046524
123024	184.34154326248222	7.157593592785867	1358.517138142109	2909.5069432

## 6. Body Composition Changes Over Time



Body Fat Category	Body Fat %	Date Reached	Description	Est. Time to Six-Pack
Obese	30.5%	09/09/2024	Significant excess fat all around	12+ months
Obese	29.36062462350974%	09/16/2024	Significant excess fat all around	12+ months
High Body Fat	28.1802731731498%	09/23/2024	Excess fat all around, round physique	6-12 months
High Body Fat	26.956355817401445%	09/30/2024	Excess fat all around, round physique	6-12 months
High Body Fat	25.68600599091736%	10/07/2024	Excess fat all around, round physique	6-12 months
High Body Fat	24.366029138193536%	10/14/2024		6-12 months

			Excess fat all around, round physique	
Above Average	22.99283533588184%	10/21/2024	No visible abs, excess fat	4-6 months
Above Average	21.56234788914731%	10/28/2024	No visible abs, excess fat	4-6 months
Above Average	20.06987443491514%	11/04/2024	No visible abs, excess fat	4-6 months
Average	18.509916153964642%	11/11/2024	Little muscle definition, soft look	3-4 months
Average	16.88159923780056%	11/18/2024	Little muscle definition, soft look	3-4 months
Average	15.21887036060149%	11/25/2024	Little muscle definition, soft look	3-4 months
Lean	13.520950615180682%	12/02/2024	Some muscle definition, less visible abs	2-3 months
Lean	11.89224361457767%	12/09/2024	Some muscle definition, less visible abs	2-3 months
Lean	10.228938756970004%	12/16/2024	Some muscle definition, less visible abs	2-3 months
Very Lean	8.541358198554983%	12/23/2024	Visible abs, vascularity, striations	3-4 weeks

Very Lean	7.157593592785867%	12/30/2024	Visible abs, vascularity, striations	3-4 weeks
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7. Metabolic Adaptation

Week 1 Metabolic Adaptation:	
Final Week Metabolic Adaptation:	

8. Final Results

Duration:	16 weeks	Total Weight Loss:	61.258456737517776 lbs
Total Body Fat Reduction:	23.342406407214135%	Final Weight:	184.34154326248222 lbs
Final Body Fat:	7.157593592785867%	Average Weekly Weight Loss:	3.828653546094861 lbs
Total Muscle Gain:	4.5 lbs	Final Daily Calorie Intake:	1358.517138142109 calories
Final TDEE:	2909.5069432633936 calories	Final Weekly Caloric Output:	calories

9. Body Fat Category Progression

Category	Description	Est. Time to Six-Pack
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Initial:		
Final: Very Lean	Visible abs, vascularity, striations	3-4 weeks

## 10. Insights and Recommendations

- Your metabolic rate adapted by 30.975008166651396% over the course of your journey.
- You maintained 100.2666350930824% of your initial lean mass.
- Your muscle gain rate averaged 0.28125 lbs per week.
- Based on your final body fat percentage, you're now in the Very Lean category.
- To maintain your results, consider a daily calorie intake of 2909.5069432633936 calories.

## 11. Next Steps

- Continue with your current plan.
- Consider adjusting your protein intake to support lean mass.
- Your next ideal body composition goal could be a lower body fat percentage.